

Fill It Up!



Fill It Up! – A Modern Parable

- ❑ Cars, trucks, etc. need fuel to keep running
 - Ditto for portable electronic devices
- ❑ We need physical fuel/food...
- ❑ And spiritual/mental/emotional “fuel” as well
 - Knowledge/wisdom for making good choices
 - Positive outlook, confidence, hope
 - Sense of self-worth, purpose, meaning in life



What Burns Our Fuel?

□ For everyone

- Getting sick
- Dental work/surgery
- Failing a test at school
- Getting a traffic ticket
- Being passed over for a promotion
- Losing your job
- Having a traffic accident
- Having purse or wallet stolen
- Financial problems
- Arguments with co-workers, friends, family
- Divorce
- Being diagnosed with cancer, diabetes, etc.
- Aging
- Death of a loved one



What Burns Our Fuel?

□ Esp. for Christians

- Resisting temptation
- Suffering trials/persecution
- Wayward family members
- Modern culture and politics

□ 2 Pet. 2:7-8

- *...Lot, who was oppressed by the filthy conduct of the wicked (for that righteous man, dwelling among them, tormented his righteous soul from day to day by seeing and hearing their lawless deeds)—*



What Happens When We Run Low?

□ Weariness

- Job 2:13-3:1
 - *So they sat down with him upon the ground seven days and seven nights, and none spake a word unto him: for they saw that his grief was very great. After this Job opened his mouth and cursed the day of his birth.*
- Elijah 1 Kings. 19:9-10
 - *And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?” So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”*



What Happens When We Run Low?

□ Weariness (cont.)

- Jesus in the garden Luke 22:39-44
 - *Pray that you may not enter into temptation.... He knelt down and prayed...an angel appeared to Him from heaven, strengthening Him And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.*
- Matt. 24:12-13
 - *And because lawlessness will abound, the love of many will grow cold. But he who endures to the end shall be saved.*
- Rev. 2:4-5 (Ephesians)
 - *... you have left your first love*
- Gal 6:9; 2 Thes. 3:13
 - *And let us not be weary in well doing: for in due season we shall reap, if we faint not.*



What Happens When We Run Low?

❑ Poor judgment

- Gen. 13:12

- ❑ *Abram dwelled in the land of Canaan, and Lot dwelled in the cities of the plain, and pitched his tent toward Sodom.*

❑ Snap decision

- Num. 20:10-11

- ❑ *... Hear now, ye rebels; must we fetch you water out of this rock? And Moses lifted up his hand, and with his rod he smote the rock*

- Matt. 26:74-75

- ❑ *Then he began to curse and swear, saying, “I do not know the Man!” Immediately a rooster crowed. And Peter remembered the word of Jesus who had said to him, “Before the rooster crows, you will deny Me three times.” So he went out and wept bitterly.*



What Happens If We Run Out?

□ Per mayoclinic.org

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking



What Happens If We Run Out?

□ Give up

- Matt. 13:20-21
 - *But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy; yet he has no root in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles.*
- 2 Pet. 2:15
 - *They have forsaken the right way and gone astray, following the way of Balaam the son of Beor, who loved the wages of unrighteousness;*
- 2 Tim. 1:15; 4:10
 - *all those in Asia have turned away from me, among whom are Phygellus and Hermogenes ... Demas has forsaken me, having loved this present world,*
- Matt. 27:3-5 with Judas
 - *... and went and hanged himself.*

What Fuel is Available (bad/low quality)?

- ❑ Alcohol, drugs, porn, gambling, etc.
- ❑ Peer group, gangs
- ❑ Success on the job, money, materialism, etc.
 - 1 Tim. 6:9-10
 - ❑ *But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.*
- ❑ Entertainment, hobbies, vacation
- ❑ Families, grandchildren



What Fuel is Available (higher quality)?

- Physical with positive impact on our mood
 - Sleep, exercise, nutritious food, etc.
 - Even with Jesus Mark 6:31
- Beauty of creation/nature
 - Psm. 19:1 *The heavens declare the glory of God; And the firmament shows His handiwork.*
- Count your blessings
 - James 1:17 *Every good gift and every perfect gift is from above, and comes down from the Father of lights*



What Fuel is Available (higher quality)?

□ The scriptures for guidance and encouragement

- 1 Pet. 2:2
 - *as newborn babes, desire the pure milk of the word, that you may grow thereby,*
- Heb. 12:1-2
 - *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*
- Matt. 4 Jesus “...it is written”

□ Prayer

- James 5:16
 - *The effective, fervent prayer of a righteous man avails much!*¹¹

What Fuel is Available (higher quality)?

□ Fellow Christians

- Worship

- Heb. 10:24-25 *let us consider how to stimulate one another to love and good deeds, ... exhorting one another...*

- In general

- Eph. 4:16 *from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.*

□ Doing good for others, volunteer work

- Acts 20:35

- *I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'*

Where's the Gas Station?

- ❑ Faithful local congregation
 - Sound doctrine, encouraging worship services, spiritual family
- ❑ Step outside - nature
- ❑ On your phone - fellow Christians
- ❑ On your bookshelf - Bible
- ❑ On your “knees” - prayer



Put Gas in the Tank!

□ Add to your faith...

- 2 Pet. 1:5-15

- *Now for this very reason also, applying all diligence, in your faith supply moral excellence, ... knowledge ...self-control... perseverance, ... godliness, ... brotherly kindness, ... love. For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. ... Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble; for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you. ... And I will also be diligent that at any time after my departure you will be able to call these things to mind.*



And Drive Efficiently!

❑ Ditch excess baggage!

- Dwelling on the past Phil 3:13-14
 - ❑ *Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.*

❑ Slow down

- Quit piling more on (secular) –spinning our wheels with less important activities
- “*Stop to smell the roses*”

❑ Stop idling

- Eph. 5:15-16
 - ❑ *See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.*



And Drive Efficiently!

□ Stop spinning our wheels

- Fretting over what you can't control/influence
 - Turn off the TV
 - Take one day at a time
- Matt. 6:25-27
 - *Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?*

Conclusion

- ❑ We all need “fuel” to keep going physically, emotionally, mentally, AND spiritually
 - Increasingly serious consequences if we run low on fuel
- ❑ Be prudent in the fuel you select and where you get it from
- ❑ And drive using our fuel efficiently

